



July 2013

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Red Cross Donates  
Comfort Kits — Page 10

## Tidewater Enhanced Multi-Service Market to Focus on Cost Saving, Fewer Network Referrals

By REBECCA A. PERRON  
NMCP Public Affairs

As military medicine moves toward integration among the branches of service and cost reduction becomes a primary goal, the Tidewater enhanced Multi-Service Market is continuing to prepare for providing health care in a joint environment, including most recently a visit from the leadership of the Office of Health Affairs July 17 – 18.

Dr. Karen S. Guice, principal deputy assistant Secretary of Defense for Health Affairs and others from OHA met at Naval Medical Center Portsmouth with leadership from NMCP, U.S. Air Force Hospital Langley and McDonald Army

Health Center, as well as the deputy Surgeons General from the Army, Navy and Air Force or their representative.

The more than two dozen health care leaders, which also included leaders from Veterans Affairs and the Coast Guard, spent the two days discussing expectations, functions and challenges as the military treatment facilities in Hampton Roads prepare for changes to military medicine that take effect on Oct. 1.

“We are becoming a more integrated military health system, stronger and more relevant for the future,” Guice

said. “It’s going to improve readiness, it’s going to make sure our military health care providers have the clinical capabilities and capacity to take care of any kind

**“We do great medical care, we have the ability and capacity, we just need to better utilize it. We need to better educate our staff and beneficiaries about what we can do.”**

— Cmdr. Susan Union, MSM director

of deployment environment they may face. It’s all about maintaining readiness and doing so with the wealth of patient material that we have.”

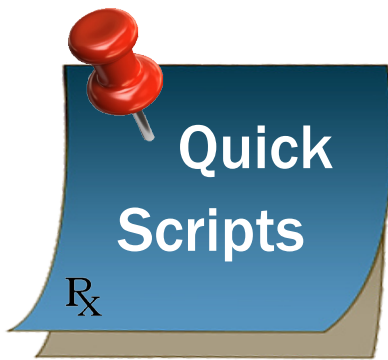
— See eMSM, Page 4

**The American Red Cross Volunteer program began this week. Each of the 34 teens, age 14 to 17, will begin volunteering next week at clinics and offices throughout NMCP. They will spend at least four hours a week here for the next two months.**

**This program gives teens a chance to get firsthand experience in a clinical setting to help them decide if they want to make medicine their career.**



## NMCP Welcomes 2013 Volunteers



## Fit Kids – Healthy Families

Join NMCP clinical dietician Lt. Melissa Amescue at Fleet and Family Support Center's Fit Kids – Healthy Families event on Aug. 2 at the Norfolk Naval Station FFSC (7928 14th St.). The event will be from 1 to 3:30 p.m. MWR's fitness trainers will offer tips on fun ways to exercise and ways to shop smart for healthy food, even for the picky eaters.

There's a puppet show and coloring station for kids and information booths for parents. Open to military parents and children 4 and up. Call Margie Russell at 444-2102 for more information.

## Officer Program Applications

Those who are interested in applying for LDO/CWO for fiscal year 2014, packages are due to the Command Career Counselor's office by Sept. 20. Review OPNAVIST 1420.1B chapter 7 in its entirety to prepare your package.

Those who are interested in applying for fiscal year 2015 and are not eligible for the chief petty officer exam may request permission to take the exam one year early for LDO purposes only. This request must be submitted by Sept. 20.

## NFAAS Smartphone App

The Navy Family Accountability and Assessment System can now be accessed on smartphones by downloading the NFAAS application from any online app store. Verify/update information by logging into NFAAS utilizing the NFAAS Mobile Website. Username is primary email address and password is date of birth/last four of the social security number, such as 197602294321.

Biannual accounting is due Oct. 1. Get ahead of the timeline and verify/update information today. (Note: NFAAS accounting is required for active duty and civil service employees.)

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## New Jointness Coin on Sale

NMCP's Morale, Welfare and Recreation committee will begin selling a new jointness coin July 30 for \$10 per coin. The coin was produced by the committee and represents the care NMCP gives to patients of all branches of service.

To pre-order, fill out the order form attached to the Plan of the Day and return it to one of the points of contact listed.

Those who wish to purchase the coin after the initial sale date may contact the POCs listed on the order form after July 30. Coins will also be available at all MWR committee food sales.

All proceeds will go toward the command picnic and winter holiday party.

## Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email [tidewater.oakleaf@gmail.com](mailto:tidewater.oakleaf@gmail.com)

## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

[NMCPombudsman@med.navy.mil](mailto:NMCPombudsman@med.navy.mil)  
or  
(757) 953-1973

## THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil).

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.



# Admiral the Dog visits NMCP Commander to Highlight Pet Therapy

STORY AND PHOTOS  
BY SN BRADLEY SHADOWENS  
NMCP Public Affairs

Naval Medical Center Portsmouth had a different type of admiral visit on June 21. The certified pet therapy dog, Admiral, a goldendoodle, met up with Rear Adm. Elaine C. Wagner, NMCP commander, and the Command Suite staff for petting, tail wagging and a few humorous dog stories.

Admiral is one of the many pet therapy dogs at NMCP, and of course, he enjoyed every second of his fawning spectators as they listened to the reason why his owners, Lt. Gregory Hall and Lt. Joyce Hall, Hall introduced their therapeutic bundle of fur to patients at NMCP.

The Halls, who are entering their second year of residency at NMCP, Gregory in the Surgery program and Joyce in Internal Medicine, noted they bought Admiral as a puppy with the intention of getting him pet therapy certified.

"We worked in Bethesda and had a lot of contact with the wounded warriors there," said Gregory. "We saw the benefits of pet therapy, so when the time

came to get a dog, we chose Admiral to be a pet therapy dog so he would have the ability to see our patients or anybody else's patients."

Pet therapy dogs work with psychiatric, traumatic brain injury, cancer and pediatric patients among others where a helping paw is always appreciated.

At NMCP, Emily Silvia, who works in Biopsychosocial Services and helps administer the pet therapy program, was the first step in Admiral coming to work at NMCP. After a pet is certified and a background check is done on the pet's behavioral and medical history, Silvia introduces the therapy dog with their new clinical environment. Silvia explained how diverse these therapy dogs are in effecting treatment throughout the medical center.

"Therapy pets fill a lot of different roles in therapy," Silvia said. "It's just as therapeutic for the staff as it is for the patients. Cognitively, it gives patients a distraction to take their mind off of their pain. Physiologically, it brings emotions out of our patients.

A lot of the times they have a difficult time talking about their emotions. When the dogs come in, it allows people to open up because dogs aren't so judgmental."

Silvia explained a therapy dog's effectiveness, listing several that have been regulars at NMCP.

"Jasper is a young black lab and he has a lot of energy," Silvia continued. "He loves being around people, so most people around the hospital know

him. He's been consistently coming for about a year or so. Braunsohn is a full-blood German shepherd. His presence is very big, so he gets stopped around the hospital all the time. He's about eight years old and used to do protection work prior to therapy dog work. He can just come and hang out with the patients. Thatcher is an English golden retriever



**Rear Adm. Elaine C. Wagner, NMCP commander, and Capt. Mary E. Neill, Navy Medicine East chief of staff, welcome Admiral, the pet therapy dog.**



**Admiral's owners, Lt. Gregory Hall and Lt. Joyce Hall, talk about Admiral loving the attention while being petted by HMC (SW/AW) Joann Guinto, executive assistant to the command master chief, and Lt. J.G. Sandra Baxter, the deputy commander's aide.**

that works specifically with our traumatic brain injury patients. Brain injury care is typically outpatient, so while the other dogs have inpatient contact, Thatcher comes to our outpatient groups to hang out with our patients."

The impact of pet therapy treatment around NMCP has grown over the years, with more dogs coming to the medical center and more patients interested in seeing the dogs. As for Admiral, the job of certified pet therapy dog was a win-win. Nobody complained with a loveable ball of fur getting all the attention he wanted, leaving the command suite in good spirits after their adorable session with Admiral.

Those who are interested in bringing a pet therapy dog to NMCP can contact Silvia at 953-4069 or [emily.silvia.ctr@med.navy.mil](mailto:emily.silvia.ctr@med.navy.mil).



Photo by MC2 (SW) Anna Arndt

**Dr. Karen S. Guice, principal deputy assistant Secretary of Defense for Health Affairs, left, addresses more than two dozen Department of Defense and uniformed services health care leaders July 17 during a two-day site visit to NMCP to discuss expectations, functions and challenges of the Tidewater enhanced Multi-Service Market.**

### eMSM — Continued from page 1

The changes she spoke of means that the TRICARE Management Activity and other military health offices will aggregate into the new Defense Health Agency. Starting Oct. 1, DHA will oversee about half of the common health services used by the military medical commands, such as TRICARE and pharmacy benefits, health information technology, medical logistics and facilities planning.

Locally, this new structure will mean the three services will operate their MTFs as one entity under the Tidewater eMSM.

"The multi-service market is basically a way of integrating medical health care among the services," said Cmdr. Susan Union, MSM director at NMCP. "Before, you had three separate services doing their own thing. The MSM concept has been around for nearly a decade, but the eMSM, the enhanced version, is still in its infancy."

The basic difference between MSM and eMSM is that under eMSM, the market manager has increased authority, including funding allocation, setting policy and better maximizing staff skill sets.

NMCP commander Rear Adm. Elaine C. Wagner will serve as the market manager for the Tidewater eMSM. Of the six eMSMs being created across the coun-

try, Wagner is the only Navy market manager.

"The market manager has the ability to move staff back and forth among the three services," Union explained. "She can take an Army medic and have him sent TAD to work at Portsmouth, and vice versa, send Navy corpsmen to the Army or Air Force MTFs. We have to look at ourselves as the Tidewater eMSM, not three individual entities when thinking about staffing and caring for patients. We have to think of ourselves as one market."

The goal of this new health care delivery structure is to recapture patients who are being sent to a civilian provider for care or who are going to an emergency room for non-emergencies, primarily by ensuring all appointment slots are being used and, in some cases, adding services.

"I think it's difficult for people to understand that TRICARE is an insurance just like any other health insurance, and we just can't let people go anywhere like we have been," Union said. "There is a cost associated with providing care, and when the patient isn't paying anything out of pocket, it can seem like free health care."

Union provided a few examples of how costs can rise beyond what's expected, including spending several million dollars for one child to receive care in a neonatal intensive care unit at a civilian hospital; someone with a stubbed toe or

a cold coming to the ER; and more than 60 percent of prescriptions being filled at civilian pharmacies, much more than the 16 percent goal.

"We do great medical care, we have the ability and capacity, we just need to better utilize it," Union added. "We need to better educate our staff and beneficiaries about what we can do."

By doing this, they hope to reduce civilian purchased care costs by nearly \$30 million annually. A change in the handling of consults for specialty care appointments will help move toward that goal.

"Currently, when a doctor puts in a consult for a patient, if they can't get seen within 30 days, they are referred out to the network," said Lt. Suzanne Tschauner, Healthcare Business Office staff at NMCP. "In the future, if that appointment is not available for that MTF, the other two services will look first to see if they have an appointment at their MTF before the patient is referred to the network. A lot of people want to be seen by military medicine, they just don't want to have to wait for more than 30 days for the appointment. So this will be a big advantage for both sides."

"I think we have tremendous opportunity," Guice concluded. "This is an almost once-in-a-lifetime opportunity to really change the way we do business. I'm quite excited about the challenge."



# Reeves Assumes Position as Director for Mental Health

BY REBECCA A. PERRON  
NMCP Public Affairs

Cmdr. James Reeves recently assumed the duties as director for Mental Health at Naval Medical Center Portsmouth, bringing to the position more than a decade of experience providing psychiatric services to the fleet and to service members' families.

As the director, he oversees two training programs and 260 mental health personnel across Hampton Roads, including inpatient, outpatient and substance abuse services.

"We continue to remain the busiest mental health clinic in the Navy, because our patients are loyal and feel they are getting better," said Reeves, who is certified by the American Board of Psychiatry and Neurology. "Our providers have received the highest level of certification and are really dedicated to their patients, which shows in the care they provide. I'm excited by the diversity of approaches mental health providers have at their disposal to address the multitude of problems people face."

Reeves said the directorate's goal of providing the highest level of care to patients will remain the same, but will require creative thinking given the current climate of tightening budgets.

"Cost savings will continue to be the biggest challenge as our nation and military deal with the effects of budget cuts," Reeves said. "We'll need to come up with innovative ways to see more patients with the same number of staff, and we will be adding to the value of mental health services."

A possible solution is to see more patients in a group therapy setting rather than individually.

"Group therapy is often overlooked as a type of therapy, but it can be very powerful and achieve great success," he said. "We may also want to utilize our corpsmen, who have great psychiatric skills, in new ways that will allow us to see more patients."

I have no doubt that we will remain successful by finding new solutions that help us remain the clinic patients choose."

Reeves sees his second biggest challenge as the ongoing fight against the stigma of mental illness.

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**"As we look to improve patient care outcome measures and standardize approaches, we will improve readiness. The sooner we can see patients in need and get them better, the sooner we can get them back to their units and ready for the next deployment."**

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— Cmdr. James Reeves, director for Mental Health

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"Many people are afraid to seek help because they feel this is a sign of weakness and are afraid it will impact their careers," he said. "We will continue to work with the fleet and educate people that mental health symptoms are similar to those of other medical disorders, such as an ankle sprain or high blood pressure. Mental health symptoms are treatable and treatment can lead to a happier and more productive life with no detriment to your career."

To help ensure that all patients get the care they need, Reeves is looking for ways to measure outcomes in more ways than just hearing individual success stories.

"If we can clearly examine how our patients' conditions are changing over time, we can determine if we need to change our practice to improve patient care further," Reeves added. "As we look to improve patient care outcome measures and standardize approaches, we will improve readiness. The sooner we can see patients in need and get them better, the sooner we can get them back to their units and ready for the next deployment."

Reeves was born in Portsmouth and raised in Houston, Texas, completing his Doctor of Medicine at the University of Texas Health Science Center San Antonio in 1996 and his residency in psychiatry at the University of North Carolina Hospitals in Chapel Hill where he was chief resident in 2000.

Reeves has served in a variety of roles since his commission in 2000, including assisting in relief efforts after Sept. 11; deploying on board USNS Comfort from 2000 to 2003 for operations Noble Eagle, Baltic Challenge and Iraqi Freedom; and deploying with the Marines in 2004 to Iraq. More recently, Reeves served as the division officer of Traumatic and Operational Stress Services at NMCP and the associate director for NMCP's education and training programs.



Photo by Red Cross Volunteer Tenen Williams

# Interns Graduate; Ready to Give Patient Care around the World

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Eighty-one medical interns graduated June 28 at Naval Medical Center Portsmouth, making them eligible to independently provide health care at military medical facilities around the world.

This is the 89th consecutive year of the Graduate Medical Education program at NMCP, which provides a joint-service intern program for Navy and Air Force doctors. This class had eight Air Force interns, six of whom are in pediatrics.

A medical intern is a physician who has completed medical school, but does not have a full license to practice medicine unsupervised. After completing their first year of post-graduate training, the interns will either be assigned to fleet units as flight surgeons or general medical officers, or they will continue with specialized training.

Of the 40 who are going into another training program, 31 will remain at NMCP for up to a three-year residency program to specialize in either general surgery, internal medicine, obstetrics and gynecology, orthopedic surgery, pediatrics, psychiatry, radiology or emergency medicine. The rest of the class will now care for military patients at commands around the world.

With the 13-month intern program behind them – one month of orientation and 12 months of rotations in a specific or variety of specialties – the interns have proven they are ready to move beyond medical student to independent physician.



**The 81 interns listen to Rear Adm. William Roberts, Navy Medicine Education and Training Command commandant, during his keynote speech.**

“By allowing you to graduate, your mentors are telling you that you have the right stuff; they have confidence in your knowledge, skills and abilities,” said Rear Adm. Elaine C.

Wagner, NMCP commander, during the graduation ceremony. “They know that wherever you are, you will continue to learn, continue to expand your knowledge and continue to improve your skills because that’s what they have taught you to do.”

The keynote speaker for the graduation, Rear Adm. William Roberts, Navy Medicine Education and Training Command commandant, is a former chief of the Navy Medical Corps. He congratulated them on their achievements.



**Lt. Christopher Perry, senior intern, and Lt. Michael Hight, intern class president, give Rear Adm. William Roberts, Navy Medicine Education and Training Command commandant, a token of their appreciation for his appearance at the ceremony.**

“Your team has made me more than confident in the future of the Navy Medicine team. Thank you for everything you do every day for our patients, our Navy and Marine Corps team and our nation,” Roberts said. “This graduation event, ladies and gentlemen, is a big deal. It represents the culmination and recognition of 12 months of intensive, multidisciplinary clinical education and experience and the turning of a critical page. As a graduate of the ‘First and Finest,’ you will not disappoint. You will make yourselves, your families and loved ones and intern faculty and staff that helped you get here so proud.”

The interns already did a lot to make family and colleagues proud, and that meant a lot of hours spent in that educational and clinical experience, amounting to up to 80 hours per week attending lectures, completing rounds in the wards twice a day, and seeing patients in a clinic or operating room setting. The internship year prepares them to take charge of patient care.

“As a medical student, you are peripherally involved in patient care, but you’re not the one signing orders, you’re not the one making telephone calls, you’re not the one directing a code when someone is passing away,” said Lt. Christopher

— See **GRAD**, next page



# Salty Dawgs Motorcycle Club Donates \$15,000 to NMCP Fisher House

BY MC2 NIKKI SMITH  
NMCP Public Affairs

More than two dozen members of the Salty Dawgs motorcycle club, piled into the Fisher House, June 23, for their 7th annual donation to the Fisher House – once again topping their previ-

ous amount and donating a record \$15,032. The previous record was \$10,527 donated last summer. The check was presented to Fisher House staff, its guests, Rear Adm.

Elaine Wagner, NMCP commander, and Capt. Jake Johansson, Naval Support Activity Hampton Roads commanding officer. The Salty Dawgs raised most of their money at a Poker Run and auction. They also donated 300 movies and filled the house's shed full of goodies.



**Pat Holden, Salty Dawgs motorcycle club president, presents the check to Capt. Jake Johansson, NSA Hampton Roads commanding officer, Rear Adm. Elaine C. Wagner, NMCP commander, and Jill Thompson, Fisher House manager.**



**Pat Holden, Salty Dawgs motorcycle club president and command master chief of VAW 120 at Naval Station Norfolk, signs the big check showing off the record amount of money they have raised for the Fisher House.**

## GRAD — Continued from previous page

Perry, senior intern and a transitional intern. “As an intern, as a physician, now you’re the one responsible, you’re the one signing for medications, so it becomes much more real. The responsibility is tremendous.”

In addition to that tremendous responsibility, the class wanted to show they had time for more than just their patients. New this year, they made it their mission to take on civic responsibility, donating their time to one community service project each quarter. They first organized a food drive at Thanksgiving, and then a toy drive at Christmas, collecting and distributing 50 to 60 toys for the children in NMCP’s Pediatrics Ward and Pediatrics Clinic. They also helped clean up the shoreline during Clean the Bay Day in June.

“I actually started three new positions this year that we did not have last year, specifically geared toward philanthropy,” said Lt. Michael Hight, transitional intern and class president. “I wanted to show that the 81 of us, even with very little free time, we could still make an impact with community service.”

They also did something big for future interns by creat-

ing a smartphone application that includes all of the intern resources, from survival guides and specialty information to clinic phone numbers and physician pager numbers, in a convenient, pocket-size carrying case instead of an armload of binders.

“I spent most of the year developing the app,” said Lt. Samuel Frasier, an otolaryngology intern. “This is going to be helpful for interns, but also for residents and staff, because it helps ease communication. It helps decrease our time spent finding a computer and logging on to find that information, so instead we can really focus on patient care.”

After receiving official approval, the app went live in early June, just in time for the arrival of the Intern Class of 2014.

As the 2013 class passed the app on to the new class, they also passed the internship torch – last day for one, first day caring for patients for the other. As the 2013 graduates accepted their diplomas, they knew there were nearly 90 interns somewhere in the medical center trying to figure out how to order medications and finding themselves suddenly in charge of a ward full of patients, just as the 2013 class had done the last day of June the year before.

# METC Commandant Shares Experiences, Insight during Visit

BY MC1 (SW/AW) STEVEN J. WEBER  
NMCP Public Affairs

Naval Medical Center Portsmouth welcomed Rear Adm. William Roberts, Medical Education and Training Campus commandant, June 27 and 28. Roberts was the keynote speaker at the June 28 Intern Class of 2013 graduation, and used the extra time to talk to staff about everything from the future of military health care to working with medical personnel from the other services.

The two-day visit started with Roberts meeting with the Command Executive Board, addressing them as part of the CEB University program. The program invites speakers from a variety of Navy backgrounds to educate the CEB about different facets of the Navy.

Roberts discussed upcoming changes to the Military Health System due to the establishment of the Defense Health Agency. The DHA will begin Oct. 1 and will be responsible for shared health care support services, such as the TRICARE program, pharmacy services, medical education and training, logistics, acquisitions, and research and development. Defense officials estimate the new agency could save \$50 million a year, with additional cost savings as duplicate services are eliminated.

He also shared his experiences as commandant of NMETC in San Antonio, overseeing Sailors and their training at the campus where all enlisted military medical training has been co-located. He stressed the need to continue providing the best quality health care, but also preserving unique features of each service's culture, as well as acclimating members of all services to work together.



Photo by MC1 (SW/AW) Steven J. Weber

**Rear Adm. William Roberts speaks with NMCP's Command Executive Board about the need to understand the different service cultures, as well as urging everyone to be the best at their job that they can be, and then to get out of their comfort zone.**

"Now that we have established basic and advanced medical training in the tri-service arena down in San Antonio, where you have future Navy corpsmen sitting next to future Air Force medical technicians, who now know and understand each other's service cultures, and then meet at a place, like here at the 'First and Finest,' they will already know each other and will not be meeting for the first time on a battlefield, taking care of a patient," Roberts said.



Photo by MC2 (SW) Anna Arndt

**Rear Adm. William Roberts, Medical Education and Training Campus commandant, was the keynote speaker for NMCP's intern graduation June 28.**

Roberts' remarks about enlisted and officer medical training and the DHA was well received by the CEB.

"I feel the establishment of the DHA will provide oversight of all military hospitals which will initiate better utilization and access of medical services for all service members and their beneficiaries," said NMCP's Command Master Chief (SW/AW/FMF) Michael C. James.

Roberts also met with the Emergency Department residents and graduates, where he re-iterated his key points, as well as taking questions and sharing experiences with them. He then met with NMCP's Sailors of the Quarter at lunch, where the conversations were informal. Roberts spoke with them individually and as a group.

Then, as the intern graduation keynote speaker, Roberts expressed his pride in their accomplishments, how big of a deal the graduation is, and how they worked so hard to get to that point. He added that they will continue to make their families and the NMCP faculty proud.

After the graduation, Roberts held an all Medical Corps call where he tailored his message to the group about the future of Military Medicine. He responded to questions from the Medical Corps' officers as a group and spoke with them individually afterwards.



# EM Residents Graduate, Become Specialists in Emergency Medicine

SUBMITTED BY  
HN ROSEL JOVIN ASPILLAGA

The Emergency Medicine Residency Program of Naval Medical Center Portsmouth graduated the 2013 class of residents on June 26 amidst friends, family and colleagues.

The eight members of the class have completed their undergraduate degree, medical school, internship, and three years as a resident to become a specialist in medical emergencies.

Army Lt. Col. Dave Barry, EM Residency director, reflected on how the class persevered through challenges they confronted during the program. That included their grueling clinical schedule working up to 80 hours a week.

"When I sat back and reflected on the spirit of this graduating class, what came to mind was perseverance," said Barry. "While balancing arduous study requirements with demands of family and personal needs, they persevered and adapted to the sudden loss of a program coordinator and accepted additional administrative responsibility without

question or complaint."

The class faced many challenges: Administrative responsibilities, sequestration, budget cuts, demands of family, personal needs and the loss of a system program director added to their already demanding residency program.

"The biggest challenge was during our second year. We lost our system program director. She died suddenly and unexpectedly," said Lt. Cmdr. Diana Macian, one of the graduates. "Our program really was left with a void for a good year, so we really had to band together as a class."

The residents chose the guest speaker at their graduation, this year selecting Capt. James V. Richie, an emergency medicine faculty member who was previously the Simulation Center Medical Director at NMCP. He assured the graduates that they will have an impact in medicine.

"I've watched you guys do amazing things. I've watched you choose right over popularity. On the floor, I've seen you choose work over ease; I've watched you choose honesty over acclaim, and I've seen you succeed," Ritchie said. He went on to give a candid account of his experiences in Afghanistan treating casualties from both sides of the conflict. Ritchie said he was pleased to have been chosen to speak at the graduation; it was his last action before retiring in August.

Class members recognized some of NMCP's outstanding staff with the Junior and Senior Hospital Corpsman Award, Junior and Senior Nurse Award and Junior and Senior Faculty Award. Also Emergency Physicians of Tidewater, Riverside Regional Medical Center and Sentara Norfolk General Burn Trauma Unit were presented with the Outstanding

Faculty Teaching Award.

Ritchie did not win an award, however, one is named for him – The Capt. James V. Richie Award for Outstanding Senior Faculty Teacher – because he won so many times in the past. The downside is he is now ineligible to receive it.

Among the graduates, Lt. Cmdr. Sean Conley received the Nurses' Choice Award for Outstanding Senior Resident Award,



**The Emergency Medicine residents gather as a class for the last time after the graduation on the front steps of historic Bldg. 1.**



**Capt. James V. Richie addresses the graduates as the keynote speaker, congratulating them on all they have achieved during the three years.**

the Resident Research Award and the Honor Graduate Award. Lt. Cmdr. Eric Draper received the Academic Excellence Award.

After the certificates were presented, the ceremony ended with a reception for the graduates and their families and friends.

The EM Residency Program Class of 2013 also included: Lt. Cmdr. Martin Arrisueno, Lt. Joshua Handburry, Lt. Cmdr. Jamie Johnson, Lt. David Lamborn, and Lt. Cmdr. Shannon Reeve.

One graduate will remain on staff at NMCP; the other seven will serve around the world as specialists in Emergency Medicine at 2nd Marine Logistics Group, Camp Lejeune, N.C.; Naval Hospital Camp Lejeune, N.C.; U.S. Naval Hospital Guam; U.S. Naval Hospital Yokosuka, Japan; U.S. Naval Hospital Sigonella, Italy; Chemical Biological Incident Response Force, Indian Head, Md.; and Walter Reed National Military Medical Center, Bethesda, Md.

# NMCP Welcomes Army Reservists for Annual Training

STORY AND PHOTOS  
BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

A second group of Army and Navy reservists arrived at Naval Medical Center Portsmouth July 15 to begin their two-week annual training, adding to the group of 25 who had reported July 8 and were marking their halfway point.

A third and final group will arrive July 22, bringing the total number of reservists to 50. While many of the 24 total Navy reservists may find themselves in familiar surroundings, all of them are using the opportunity to becoming familiar with how the other services operate.

Regardless of branch of service, for the duration of the two weeks, they will work alongside their active-duty counterparts in departments across the medical center, including the pharmacy, radiology, the operating room and galley, giving the reservists and NMCP staff the unique opportunity to work in a joint-services environment well before the possibility of a deployment.



**Army reservist Spc. Michele Reed, a nutrition care specialist, helps prepare a special meal for new mothers July 12 with CS3 Daniel Hammerstone.**

"Oftentimes, you train with the people who you deploy with, so we will train with the Air Force and Navy, especially with the military going to more of a tri-service approach, so it's good to have a training opportunity where you can see what your counterparts are doing," said Staff Sgt. Julius Lindo, an Army health care specialist, who deployed to Kuwait in 2005. "It provides for a complete training opportunity."

Many specialties in the Army are identified differently from their counterparts in the Navy, and the differences can be confusing in a joint-service environment.

"We have LPNs (Licensed Practical Nurse) in the Army, whereas the Navy does not have LPNs, but the Corpsmen work in the same capacity as our LPNs," Lindo said. "So the job description is parallel, but the title is not, which can cause problems when assigning duties."

Many of the reservists have civilian jobs similar to their military specialties, and they bring new ideas and ways of doing things to the military.

"I freshened up on skills I haven't used in a few years," said Staff Sgt. Joseph Daugherty, a CT technician, who deployed to Afghanistan for 11 months and the Balkans for seven months. "I have been doing CAT scans in the civilian side for about four years but I haven't done X-rays in a long time, which is what I have been doing here this week."

Some of the reservists are working in a completely different field from their civilian careers, giving them an opportunity to learn new skills.

"I teach for Head Start," said Spc. Michele Reed, a nutrition care specialist, who has been in the reserves for two years. "I feel it makes me more rounded, getting to work in these two differ-



**Army reservist Maj. Marcus Campbell enters a prescription order into the CHCS computer system July 17 with the assistance of pharmacy technician HN Abdul Seidu.**

ent fields. I'm a very energetic person so I like to have my hand in a lot of different pots."

The reservists working in the galley help make "mother's meals" for new moms, work with the dietary office and cook for the hot and cold food lines.

"We are working in three different areas and we are dealing with all the nutrition aspects," said Reed. "So we are working with the nutritionists, the dietitians, and we're just getting a little bit of everything. We all have two days in each area."

A major difference between the Army and Navy is the rank structure. It can be confusing; for instance, a captain in the Army is an O-3 and a captain in the Navy is an O-6. The annual training gives both services a chance to become fluent in each other's rank structure.

"It is a pleasurable experience working with the Navy," said Lindo. "The personnel we have run into have been very accommodating. The biggest difference is how we relate as far as rank. Learning the rank structure and the power authorization that goes with a particular rating was one of the biggest eye-openers."





**The Ambulatory Infusion Center staff with members of the American Red Cross NMCP station who helped purchase and put together the kits.**

## Red Cross Donates Items for Cancer Patient Comfort Kits

STORY AND PHOTO  
BY REBECCA A. PERRON  
NMCP Public Affairs

The American Red Cross station at Naval Medical Center Portsmouth used funds from an annual federal grant to purchase supplies for comfort kits given to newly diagnosed cancer patients, delivering the supplies to the Ambulatory Infusion Center July 16.

The donation amounts to \$1,000 in lip balm, toothbrushes, water bottles, lotion and other items for about 50 kits.

They also spent \$300 on items for Biopsychosocial Services to be used by patients for leisure, therapy or life skill education; \$250 in books for the Inpatient Mental Health Unit; and \$300 for blankets, water bottles and hard candy for the Hematology/Oncology Clinic.

"The American Red Cross falls into a unique position because we are given the privilege to serve a community of people who have given so much of themselves and sacrificed a great deal for our country," said Prerana Korpe, station manager. "The Red Cross was able to reach out to a few departments within NMCP to offer support. Thanks to the swift response of these departments we were able to procure the requested materials."

These departments often rely on such donations to provide patient comfort items, and for the newly diagnosed cancer

patients, frequently it's the AIC staff who pool their money to pay for the kits – that's about \$15 per kit for the 50 new patients diagnosed each year at NMCP.

"Some patients sit for up to seven to nine hours for treatment, getting three to four drugs infused at one time, so these kits give them something to do when they are sitting there," said Lt. Cmdr. Aleah McHenry, AIC division officer. "The kits also help them decrease the chances for infection, which is important for patients who are undergoing chemotherapy."

The kits typically include items to keep the patient's skin protected and from becoming cracked – lotion, lip balm, sunscreen and hand sanitizer; a water bottle and tea bags for hydration and relaxation; pens and a word search book for entertainment; a thermometer to monitor for infection; a planner to track appointments; and hard lemon-flavored candy to counter a metallic taste that can result from the treatments.

"We also include a toothbrush and toothpaste because we want our patients to brush their teeth four to five times per day," McHenry said.

The Red Cross also purchased about 50 copies of the book, "The Chemotherapy Survival Guide," which had not previously been included in the kits.

"It was a great pleasure for the Red Cross to be able to assist by providing the comfort kits and chemotherapy survival guide books to the AIC for their

patients," Korpe said. "The AIC staff has demonstrated a special component of patient care – letting patients know that they are not alone. The gesture behind the welcome kit symbolizes an element of togetherness and community resiliency that is prevalent at NMCP. We hope the comfort items will bring some level of joy to the patients."

Many of the AIC's patients will undergo their first round of chemotherapy for three to six months, receiving treatment once a week or once every three weeks depending on their diagnosis and treatment course. Although NMCP can treat any type of cancer, the cancers most commonly treated are colorectal, breast, lung, lymphoma and leukemia.

The AIC typically treats 150 cancer patients per month, seeing some patients for more than the initial treatment.

"Those who have a curable cancer we see for a more limited time, but those who have a cancer that cannot be cured, we will provide them treatment for several years to help them manage the disease," McHenry said. "We will watch them to see which treatment is providing them the best quality of life, monitor their labs, and collaborate with folks from disciplines all over the medical center."

That includes surgical services, occupational health, pediatric oncology, physical therapy and nursing services. Accredited by the Commission on Cancer and deemed a Cancer Center of Excellence, NMCP provides state-of-the-art care for beneficiaries of all services from the pretreatment evaluation throughout the delivery of cancer treatment.

# NMCP Frocks Four New Senior Chiefs

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Four Naval Medical Center Portsmouth staff members were frocked to senior chief petty officer June 26, amidst the admiration of their friends, family and co-workers.

Rear Adm. Elaine C. Wagner, NMCP commander, presented each of them with their frocking certificates after the new senior chiefs were pinned by their families and colleagues.

"Senior chief petty officers make up just 2.5 percent of the total enlisted force of the Navy," said Wagner during the frocking ceremony. "I think that speaks volumes to those who accomplish this milestone in their career. No one accomplishes anything significant in their career without the support and encouragement from loved ones and shipmates. Thank you to the family members, friends and leaders who have supported and encouraged these Sailors and allowed them to continue to serve this great nation."

Each newly frocked senior chief had their reason to be excited about the day.

"I didn't think this day would come," said Senior Chief Aviation Ordnanceman (AW/SW) Darron Finley, a counselor for Portsmouth's Substance Abuse Rehabilitation Program. "I'm excited, I'm humbled, and I'm elated. It's just such a great feeling to be able to continue to grow in our great Navy. I'm blessed. It's about what you do where you go, not where you go, so just do what you have to do, stay on top of your game and full steam ahead."



**New covers await the four new senior chiefs frocked at the June 26 ceremony.**

"I'm extremely humbled, I never thought it would happen," said Senior Chief Interior Communications Electrician (SW) Donovan Marlin, leading chief petty officer for the Substance Abuse Rehabilitation Program. "I see hard working people



**Four NMCP staff members were frocked to senior chief June 26 in the chapel.**

around me all the time and I got to the point in my career that I could say I was so thankful for other people to make it, and I think it was some of that humility that allowed me to get selected. Keep working, take care of each other and take care of yourselves, there's no limit to how far you can go."

Hard work and dedication to service was a recurring theme among the new senior chiefs.

"This is one of my proudest moments of my whole naval career," said Senior Chief Hospital Corpsman (EXW/SW/AW/FMF) Torrie Rogers, leading chief petty officer for Administration, Ancillary Services and Preventive Health Services at the Naval Air Station Oceana Branch Health Clinic. "I'm going to be making 18 years on the first of July, so it's a great accomplishment for me to make it before 18 years. I am committed to the Navy and setting a standard that I want all future Sailors to follow."

"Hard work, dedication and being in the right place at the right time has gotten me here today," said Senior Chief Hospital Corpsman (SW) Patrick Ehrhard, leading chief petty officer for Maternal Infant Child Department. "The one thing I would tell junior Sailors is don't turn down the difficult jobs."

Master Chief Hospital Corpsman (FMF/SW) Donald True emceed the frocking ceremony.

"Your strong sense of duty sets the course and speed for your subordinates, your peers and the junior officers you are charged to lead and mentor," True said. "I am confident that your career will

be underscored - not by arrogance or ego - but an unconditional pride, self-improvement and accomplishment. Congratulations, shipmates: It is an honor and a pleasure to call you senior chief."



# Thank You, Oakleaf Club

PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

The Oakleaf Club donated and distributed more than \$5,500 in items to NMCP and its branch clinics June 27. The club raised the funds at bake sales throughout the year and at its annual auction in April, and purchased items requested by clinics to improve the morale of patients and staff. Some of the items they provided include coffee makers, toys, a keyboard, DVD players and a ship's bell. These kinds of items that provide comfort and support to patients cannot be purchased with government funds. Thank you, Oakleaf Club!



Rear Adm. Elaine C. Wagner, NMCP commander, with members of the Oakleaf Club and the items they donated.



The Oakleaf Club donated and distributed more than \$5,500 in items to NMCP and its branch clinics June 27.



Rear Adm. Elaine C. Wagner, NMCP commander, looks over the items the Oakleaf Club donated to NMCP.



Caroline Mangrum tries out her set of wolf ears while meeting Wiley the Wolf.

## Peds Patients Happy to See Wolf

PHOTOS BY MC2 (SW) KRIS ROJAS  
NMCP Public Affairs

Wiley the Wolf of Great Wolf Lodge visited the Naval Medical Center Portsmouth Pediatric Ward July 11, part of the "Wolf Your World" Tour. Wiley and his team gave

out wolf ears, trading cards and storybooks to NMCP patients, family and staff. The tour made its stop at NMCP to thank our service members and their families.



My, what big ears you have! Samantha Teixeira displays her set of wolf ears.



# Family Medicine Educates Staff, Patients on National PTSD Screening Day

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Naval Medical Center Portsmouth's Force and Family Medicine Department recognized National Posttraumatic Stress Disorder Screening Day June 20 by handing out resource information and T-shirts, water bottles and tote bags to raise awareness about the signs, symptoms and treatment of PTSD.

The resource information included recognizing the signs and symptoms of PTSD, anonymous screening website, suicide risk questionnaire and a list of websites to visit for more information about PTSD and how to get help.

"Research shows that between 11 and 20 percent of service members returning from Iraq and Afghanistan have PTSD, yet some estimate that as many as two thirds of veterans avoid getting treatment for it," said Eva Long, the limited duty nurse case manager. "Some fear for their career, others worry about reliving the event, while still others don't want to appear weak to friends and family."



**The Force and Family Medicine Department set up several tables with post traumatic stress disorder information June 20 in recognition of National PTSD Screening Day.**

PTSD can affect people who go through, see or learn about a traumatic event, such as combat exposure, serious accidents, sexual or physical abuse or natural disasters.

"PTSD is an illness that can be diagnosed and treated," Long said. "Early treatment can make a difference. Many programs have been developed to address PTSD. There are also many resources and websites available."

NMCP's Traumatic and Operational Stress Services Clinic



**Eva Long, limited duty nurse case manager, put together the information tables for National PTSD Screening Day.**

offers a "Back on Track" program that is geared toward helping service members with combat traumas return to full duty, and is tailored for combat veterans who are struggling with mental traumas.

"I hope people take away an understanding that PTSD is a real issue that affects many people," said Hospital Corpsman 3rd Class Gina Hannack, Deployment Health assistant leading petty officer who helped hand out materials. "It may not be you who is affected, but if you have the information you might be able to help someone else."

"We are out here to bring awareness to PTSD," Long said. "It's important because a lot of people are not aware they have PTSD, so our main goal is to make sure we bring that awareness to the population. Anyone can be affected; you don't have to have gone through combat. Any type of traumatic experience can bring about PTSD symptoms. There is no shame in seeking help."

Symptoms of PTSD include fear, anxiety, sadness, depression, guilt, shame, anger, irritability or any type of behavior changes. To find out more about PTSD and to complete an anonymous screening, visit [www.militarymentalhealth.org](http://www.militarymentalhealth.org).



**Force and Family Medicine Department provide information to staff and patients about post traumatic stress disorder.**



# JEA Relays for Cancer Research during Walk

STORY AND PHOTOS  
BY MC2 NIKKI SMITH  
NMCP Public Affairs

The annual American Cancer Society Relay for Life made its way onto the Tidewater Community College campus in Portsmouth on June 22, with 15 members of Naval Medical Center Portsmouth's Junior Enlisted Association raising money for the cause and walking in the overnight event.

Relay for Life is held at schools, parks and fairgrounds around the country with teams camping out overnight and taking turns walking in the relay. Money raised goes to the American Cancer Society to fund cancer research and treatments for patients. The JEA team, along with 46 other teams, totaled 449 participants raising nearly \$60,000 from the Portsmouth relay.

The relay is also a way for those who have lost someone to cancer a chance to remember them and to celebrate those who have won against the disease.



**Junior Enlisted Association members look at memory torches, which were set up near the relay track.**

Cryptologic Technician – Technical 2nd Class (SW/AW) Elizabeth Springer, NMCP's Hematology and Oncology Clinic, is still fighting, but knew from the moment she heard of the relay that she had to be there.

Springer was diagnosed with a brain tumor the size of a softball in January. The tumor came as a shock to her, even though she had been battling headaches, blurry and double vision for a few months.

"You always see on TV, how people say, 'I never thought cancer would happen to me.' Well, how they portray it on movies and TV was really how it felt, I really never thought it would be me," Springer explained.

Surgery removed 50 percent of the tumor and Springer had chemotherapy and radiation to eradicate the rest. During her treatment, she lost an uncle to cancer, making the relay that much more personal. Springer wanted to be at the event to connect with and inspire others with cancer.

"I have had such a great time today," Springer said at the relay. "I didn't know anyone really, except the people I work with, and I've ended up talking to so many people. I figure if I'm out here, I'm doing what I can to give back to the community. And I'm actually having a really good time. I mean, did I wish I didn't have cancer? Most definitely! But I'm fighting it, and I want to help other people fight it, too."

The JEA members raised more than \$300. Not only did they raise money before the walk, but they also sold snacks, drinks and glow sticks. They bought luminarias online before the walk, and candles were lit inside the bags and placed along the track as glowing tributes.

Hospital Corpsman 3rd Class Yocelin Hernandezrojero, NMCP's Occupational Therapy Clinic and team captain for the JEA Relay for Life team, helped organize the event.

"I just think this is a good way to give back," Hernandezrojero said. "All of this money goes to the Cancer Society for research and finding a cure. I think it's just so worth it, and you feel like you are really making a difference."

Relay for Life was established in 1985, with more than \$4 billion raised since for the battle against cancer.

To learn more about Relay for Life, visit [www.relayforlife.org](http://www.relayforlife.org).



**JEA members walk during the Relay for Life at Tidewater Community College's Portsmouth campus June 22.**



# Athletes Push Their Limits at MWR's Indoor Triathlon

STORY AND PHOTOS  
BY SN BRADLEY SHADOWENS  
NMCP Public Affairs

Portsmouth's Morale Welfare and Recreation's Physical Readiness Test-themed triathlon drew more than 30 competitors June 26 with the third such event at Naval Medical Center Portsmouth in three years, hosting participants from commands all over Hampton Roads, as well as retirees and family members.

The triathlon sported a 450-meter swim (nine laps), a five-mile stationary bike ride, and a 1.5 mile treadmill run/walk. With limited equipment and space in the pool starting times were staggered.

The overall male winner was Cmdr. Jeffery Johnson from NMCP with a time of 34:06, and the overall female winner was Brittany Bailey from Norfolk Ship Support Activity with a time of 41:59. The overall team, "Beats Working" from Norfolk Naval Shipyard, won with a combined time of one hour, six minutes.

"We are always looking for different events to keep our Sailors and their families motivated with something dif-

ferent and fun," said MWR fitness coordinator Jacqueline Stiffler. "The last two participants that came in said they had a lot of fun. They were nervous about trying all three events, but they got thought it and really enjoyed themselves."

The triathlon started in the pool and finished at the gym, with the time going from one building to another counting. To keep their time down, most ran in the 90-degree weather and sunshine, several participants relieved that most of the triathlon was held inside an air-conditioned gym.

Several athletes had already participated in prior indoor triathlons. This was the second for NMCP executive director Peter Kopacz, who brought some friendly competition with him. His wife, Margaret, learned to swim in January. They both earned the top spot in their age group: Kopacz finished with a time of 39:35, and Margaret's time was 43:12.



**Executive director Peter Kopacz passes in his lane his fiercest competition – his wife, Margaret.**

Another triathlon veteran was retired Senior Chief Nathan Alexander, who rode his bike several miles to the base before diving into the triathlon.

"Last year, I was second in my age group," Alexander said. "I try and prepare with lots of fun. I spend a lot of days at the beach, and I have a lot of friends who ride their bikes a lot, so I join in that, too. It's going to be very motivating tomorrow when I find out how I placed. It's a bit of an ego boost. It's nice to be a little bit better than someone else, but it's also a chance for improvement."

Alexander placed second again in his age group.

The indoor triathlon was not restricted to experienced triathletes. George Gilliland of Norfolk Naval Shipyard had no prior triathlon experience, but performed well, placing third in his age group and fifth overall.

"I've never done a triathlon before, so it was a good starting point," Gilliland said. "It was good that it was indoors because of how hot it was outside. I feel really good about it, especially since it was my first time."

After nearly an hour of pumping and sweating through the events, each competitor walked out of the gym with a sense of accomplishment.

"It was nice to work so hard," Gilliland added. "I wish they could do this kind of event more often."



**Several competitors at the final event – the 1.5-mile treadmill run/walk.**



# Galley Staff Grills Up 3rd of July Cookout

PHOTOS BY SN BRADLEY SHADOWENS  
NMCP Public Affairs

The galley staff grilled up a pre-4th of July cookout for lunch July 3. The culinary specialists were hard at work during the morning preparing hamburgers and chicken on the grill for the feast. The menu featured corn on the cob, baked beans, mac 'n' cheese, potato salad and cole slaw.

There were plenty of desserts, too: a 4th of July-themed cake, peach cobbler, apple crisp and ice cream waffle cone sundaes. The line wrapped around the inside dining area as the delicious aroma of a cookout wafted by.



Medical center staff and patients wait their turn for a burger or chicken and side dishes served outside.



A red, white and blue 4th of July cake was one of the many options for dessert.

Right: After a job well done, the galley staff takes a quick break after lunch amid the clean up.



CS1 (SW/AW) Micah Lee and CS2 (SW) Alex Perez load up the grill with chicken, basting them with sauce, in preparation for a hungry lunch crowd.



An ice sculpture of an eagle kept cold watch on the dessert table where galley staff served ice cream.





## Civilian in the Spotlight

**Desiree Sanders**

**Hometown:** Aurora, Colo.

**Years of civilian service:** 17 years, 12 at NMCP; (4 years active duty, 15 reserve)

**Job:** Clinic nurse manager

**What do you like most about your job?** Fleet and patient interaction.

**What do you do in your off duty time/hobbies?** I like computer programming, reading and arranging flowers.

**Favorite movie:** Road House

**Favorite food:** Mexican

**Anything interesting about yourself that you would like to tell us?** I am currently in a master's program for informatics (a field encompassing computer science, math and social sciences).

**Why was she nominated as Civilian in the Spotlight?** "RN Sanders provides outstanding care and support throughout NMCP," said Cmdr. Bradley J. Killenbeck, director for Public Health Services. "A consummate professional, exceptional coordination and collaboration with internal and external customers, she is always looking to develop better professionals through educating and clinical practice. Sanders oversees the busiest and most recognized Immunizations Clinic in Navy Medicine, averaging 2,500 patient encounters and utilizing more than \$150,000 of vaccine monthly. As the command's focal point for vaccine administration, the clinic manager is responsible for the orientation and certification of a clinic staff of 20, as well as the qualified nursing personnel in the travel clinic, infectious disease clinic, labor and delivery, to include four outlying operational units who also provide immunizations services."



Photos by Red Cross Volunteer Tenen Williams



## Sailor in the Spotlight

**HA Anthony Tomas Cortez**

**Hometown:** West Jordan, Utah

**Years of service:** 11 months

**Job:** Preventive Medicine Representative

**What do you like most about your job?** Working as a tech can be very challenging and being taught to be more detail oriented.

**What do you do in your off duty time/hobbies?** I like to do community service, spend time at the beach, go to the movies and play basketball.

**Favorite movie:** The Losers

**Favorite food:** sushi

**Anything interesting about yourself that you would like to tell us?** I would like to stay Navy and, if possible, go to Field Medical Training Battalion, which would qualify me to deploy with and care for Marines.

**Why was he nominated as Sailor in the Spotlight?** "HA Cortez performs the job of a preventive medicine technician and with a strong 'Can-do attitude,' said Hospital Corpsman 1st Class (SW/AW) Kristina Starcruiser, Preventive Medicine leading petty officer. "He exceeds in all expectations. His self-motivation and positive attitude has allowed him to learn the job fast and accept new challenges. He saw a need to improve the water/ice and inspection tracker and took the Excel class offered by the command applying his knowledge to create a new database."



## JULY AWARDS

### MERITORIOUS SERVICE MEDAL

Capt. Floyd Campen  
Capt. David Jones  
Capt. Lori Krevetski  
Cmdr. Kimberly Davis  
Cmdr. Nicole McIntyre  
Cmdr. Sean Sullivan  
Cmdr. Joanne Tuin

### NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Mona Moore-Meaux  
Cmdr. Michael Fenton  
Cmdr. Christina Jamieson  
Cmdr. Daniel McKendry  
Cmdr. Sylvia Nagy  
Cmdr. Deborah Roy  
Cmdr. Robert Zurschmit  
Lt. Cmdr. Afshin Afarin  
Lt. Cmdr. David Besachio  
Lt. Ngocanh Bui  
Lt. Cmdr. Donald Labarge III  
Lt. Cmdr. Jeremy Logan  
Lt. Cmdr. Sean Keeler  
Lt. Cmdr. Maureen McClenahan  
Lt. Laura Modafferi  
ETCS (SW) William Thompson  
CTC (AW/SW) William Jackson  
HM1 Shayna Bowman

Lt. j.g. Ashley Johnson  
Lt. j.g. Joshua Lange  
Lt. j.g. Kelly Scott-Nevonen  
HM1 (AW/FMF) Jason Allen  
HM1 (SW/FMF) Edgardo Madrazo  
YN1 (SW) Terra Thomas  
HM1 Catherine Villa  
HM2 (FMF/SW) Christopher Goodman  
HM2 (SW) Brittney Jenkins  
HM2 Katherine Stafford  
LN2 (SW/AW) Tricia Timothy-Lynch  
HM2 Tamekia Tolar  
HM2 David Warren  
HM3 Paul Agyarkwa  
HM3 Taylor Bennett  
HM3 Robert Crooks  
HM3 Michael Hashek  
HM3 Matthew Hessemfar  
HM3 Romaro Keith  
HM3 Jolanta Kendall-Butler  
HM3 (SW/AW) Apriljoy Platon  
HM3 Christean Robichaux  
HM3 Patricia Saenz  
HM3 Traciemarie Sanjuan  
HM3 Brittany Shipley  
HM3 Brandon Tucker  
HM3 Mario Zavala  
HN Alyssa Maple  
HN Kenneth Simmons

### NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Jack Brandau  
Lt. Cmdr. James Corbett  
Lt. Cmdr. Samuel Espiritu  
Lt. Cmdr. Jarod Goodrich  
Lt. Cmdr. Heather Havener  
Lt. Cmdr. John Lenahan  
Lt. Cmdr. Addison Wilson  
Lt. Bryan Blazina  
Lt. Amanda Boudreaux  
Lt. Michael Donnelly  
Lt. Micah Kinney  
Lt. Robert Leahy  
Lt. Christopher Perry  
Lt. Catherine Rapp  
Lt. Daniel Shippy  
Lt. Zephyrinus Wylie  
Lt. j.g. Matthew Coon  
Lt. j.g. Lisa Czubernat  
Lt. j.g. Ashley Gooden

### MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Lt. Micah Kinney  
HM1 (SW/AW) Rex Valencia



Photos by SN Bradley Shadowens

**The monthly command award ceremony recognized 24 NMCP staff on July 11 who received their award from Capt. James L. Hancock, NMCP deputy commander. Congratulations!**

# SHIPMATE OF THE MONTH



Photo by SN Bradley Shadowens

AO2 ZACHARY SONSON, DMH  
BM2 EMEKA IGWE, DFA  
HM3 CAROLYN MAY, DSS  
HM3 ALYSSA SEKELSKY, DPE  
MM3 CARLEE QUIGG, DQM

AN MICHAEL J. CASSERLY, DPHS  
HN JOSE P. MURILLO, DCSS  
HN JARED REIBER, DMS  
HN JAMI ZUBER, DNS  
HA KATHERINE CHAVEZ

## JULY MENTOR OF THE MONTH

As the leading petty officer for the Main Operating Room Supply Department, Hospital Corpsman First Class (SW) Kristina Decena orders in-demand items for all surgical services in support of 17 operating rooms. She makes sure the paperwork is done for all scheduled surgical cases, ensuring all consumable items and medical instrumentation are accounted for, rearranging store rooms and improving supply processes.

Decena is dedicated to the hospital corpsman rating, active in the Hospital Corps Ball committee as the fundraising and public affairs chairperson.

Decena returned to NMCP in late August after completing a tour on USS New York. She mentors her junior Sailors daily, whether for advancement, orders, to volunteer in the command, fitness, sponsorship and school. She currently mentors seven people and is the command's JEA mentor. She encourages her mentees to actively engage with her,

and she takes the time to listen and get to know them.

"It's very important to me because we're letting the junior Sailors know that we care how they are doing, and we want them to succeed," Decena said. "We're letting them know that we are available for them."

Decena pointed out that she wanted to be a mentor so she could improve other people's naval career.



Photo by SN Bradley Shadowens

"For the mentor, you're training your relief and, the more you train them, the more they will know to pass on to their Sailors," Decena said. "The mentee will benefit by taking on what you pass to them through your personal experiences, whether it was good or bad. It is a strong possibility that you may even learn something from them."

Decena is motivated by knowing that she can help and positively influence an individual; making an impact on their life, whether it's helping them while they are active duty or for when they move on to the next stage of their life after their naval service.

*Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.*